

References

Matthew 12:1–13;
Mark 2:23–3:5;
Luke 6:1–10;
The Desire of Ages,
pp. 281–289



Memory Verse

“For the Son of Man is
Lord of the Sabbath”
(Matthew 12:8, NIV).

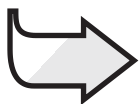


Objectives

The children will:
Know that God
created Sabbath so we
can spend time with Him.

Feel glad to spend
Sabbath discovering and
sharing God’s healing love.

Respond by joyfully focusing on
God’s love in nature, the Bible,
Sabbath School, and church.



The Message

The Sabbath is a day
to learn more
about God’s love.

Appointment With God

Monthly Theme

God’s love finds me wherever I am.

The Bible Lesson at a Glance

One Sabbath Jesus and His hungry disciples pass through a field of ripening grain. The disciples pick heads of grain and eat them. The Pharisees accuse them of breaking the Sabbath. Jesus replies with an experience of David when he entered the house of God and ate consecrated bread. Jesus also reminds the Pharisees that temple priests work on Sabbath. He claims to be Lord of the Sabbath. After this, Jesus goes into a synagogue and heals a man with a shriveled hand to further illustrate that it is lawful to do good on the Sabbath.

This is a lesson about grace.

The Sabbath is one of God’s gifts of love to humanity. It is a special time when God invites us to stop our own work so we can get a better glimpse of His work of redemptive love.

Teacher Enrichment

“If it was right for David to satisfy his hunger by eating of the bread that had been set apart to a holy use, then it was right for the disciples to supply their need by plucking the grain upon the sacred hours of the Sabbath. Again, the priests in the temple performed greater labor on the Sabbath than upon other days. The same labor in secular business would be sinful; but the work of the priests was in the service of God. They were performing those rites that pointed to the redeeming power of Christ, and their labor was in harmony with the object of the Sabbath” (*The Desire of Ages*, p. 285).

“Jesus was saying, ‘If you condemn me, you must also condemn David,’ something the religious leaders could never do without causing a great uproar among the people. Jesus was not condoning disobedience to God’s laws. Instead he was emphasizing discernment and compassion in enforcing the laws” (*Life Application Bible, Notes and Bible Helps* [Wheaton, IL: Tyndale House Publishers, Inc., 1990], p. 1629).

Room Decorations

See Lesson 5.

Program Overview

Lesson Section	Minutes	Activities	Materials Needed
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
1 Readiness Options	up to 10	A. <i>Grain Pictures</i> B. <i>Give Him a Hand!</i>	various types of raw grain, liquid glue, stiff paper, pens, markers, crayons, Bibles one or more sacks with several objects, paper, pencils, Bibles
Any Time Prayer and Praise*	up to 10	Fellowship Songbook Mission Offering Prayer	none <i>Sing for Joy</i> <i>Children's Mission</i> container used last week none
2 Bible Lesson	up to 20	Experiencing the Story Memory Verse Bible Study	grain stalks (wheat, if possible), kernels of grain (oats, wheat, rice), Bible-times costumes memory verse written for all to see, photocopies (see p. 146) Bibles, "Jesus," "Pharisees," narrators
3 Applying the Lesson	up to 15	<i>Special Plans</i>	copy of planning sheet for each child (see p. 147), white board or chalkboard, dry erase marker or chalk
4 Sharing the Lesson	up to 15	<i>Favorite Sabbath Activities</i>	bulletin inserts (see p. 148), pencils, paper, glue, scissors

*Prayer and Praise may be used at any time during the program.

TEACHING THE LESSON

Welcome

Welcome students at the door. Ask how their week has been—what they are pleased/troubled about. Encourage them to share any experiences from last week's lesson study. Then have them begin the readiness activity of your choice.



Readiness Activities

Select the activity most appropriate for your situation.

You Need:

- various types of raw grain
- liquid glue
- stiff paper
- pens, markers, crayons
- Bibles

A. Grain Pictures

Say: **We have here many different types of grain. Can you name the grains we have?** (Accept answers.) **We are going to make pictures with our grain.**

Distribute paper. Have the children draw a large picture of something that reminds them about Sabbath (nature, church, food). Then they are to take various grains and glue them to different parts of their picture to add texture. If desired, they may color the remaining parts of their pictures.

Debriefing

Ask: **What is grain? What is your favorite type of grain to eat?** Wait for answers. **Where does grain come from?** (It grows in fields.) **Let's find and read our memory verse in Matthew 12:8.** Read aloud. **In our Bible story Jesus uses grain to help us understand how important the Sabbath is. Jesus teaches us that:**



THE SABBATH IS A DAY TO LEARN MORE ABOUT GOD'S LOVE.

Say that with me.

You Need:

- one or more sacks with several objects inside
- paper
- pencils
- Bibles

B. Give Him a Hand!

In advance, place several objects in a sack. (Prepare one sack for every four to eight children.) Distribute paper and a pencil to each child. Say: **This activity involves using your hands. We are going to pass around a sack. When it comes to you, do not look in it. Use only one hand to discover what is in it. Write or draw what you discover on your paper. Then we will compare lists.** Adults assist as needed. Allow time, then compare lists within each group.

Debriefing

Ask: **Have you ever been in a situation where you couldn't use one or both of your hands?** (yes, no) **Do you know anyone whose hands or arms are paralyzed?** (Let the children know that there are people who have learned to write and paint by holding a brush with their teeth, such as Joni Eareckson Tada.) **In our Bible lesson today we will learn how Jesus helped a man with a crippled hand to show what a special day Sabbath is. Let's find and read our memory verse to find out what Jesus said about Himself and the Sabbath.** Read Matthew 12:8 together. **We are learning today that:**



THE SABBATH IS A DAY TO LEARN MORE ABOUT GOD'S LOVE.

Say that with me.

Prayer and Praise

Any
Time



Fellowship

Report the students' joys and sorrows (pleased and troubled) as reported to you at the door (as appropriate). Allow time for sharing experiences from last week's lesson study and review the memory verse. Acknowledge any birthdays, special events, or achievements. Give a special warm greeting to all visitors.



Suggested Songs

"Psalm 118:24" (*Sing for Joy*, No. 94)

"Jesus, We Want to Meet" (*Sing for Joy*, No. 95)

"His Banner Over Me Is Love" (*Sing for Joy*, No. 25)

"Can You Imagine?" (*Sing for Joy*, No. 29)



Mission

Use a story from *Children's Mission*.



Offering

Say: **Some of our offering this quarter goes to help the people in (name of place where offering will go) to learn about God's love.**

You Need:

- container used last week



Prayer

Around the circle, encourage as many children as will to complete the sentence, "Dear God, because of Your love I have _____." (Ideas: happiness, joy, good friends, family, all that I need, etc.) When everyone who wants to has prayed this prayer, close by thanking God for His love.

Bible Lesson

You Need:

- grain stalks (wheat, if possible)
- kernels of grain (oats, wheat, rice)
- Bible-times costume for each child

Experiencing the Story

Characters: Jesus, disciples, Pharisees, man with crippled hand

Setting the Scene: Dress the children in Bible-times costumes and assign a character to each. Instruct the characters to mime the actions as you tell or read the story.

Read or tell the story.

One Sabbath Jesus and His disciples were returning from church. *[Jesus and the disciples stroll to the front of the room.]* They passed through a field of grain. The grain waved back and forth in the warm breeze. *[Gently wave the corn or wheat stalks.]* It smelled good! Jesus and the disciples were hungry!

In those days people had permission to eat food from another person's farm as they were passing by, if they were hungry. So Jesus' disciples picked some stalks and rubbed the heads of grain back and forth, back and forth, in their hands. *[Have disciples rub the kernels of grain between their fingers.]* When just the little kernels were left in their hands, they tossed them into their mouths. *[The disciples make eating motions.]* The crunchy grain tasted good!

But not everyone was happy. Some Pharisees saw them and decided that the disciples should not be picking and rubbing the grain because it was Sabbath. They said to Jesus *[Pharisees walk up to Jesus, scowl, and point their fingers at His disciples.]* "When Your disciples picked the wheat and rubbed it in their hands to get the kernels out, that was like a farmer working. So they are breaking the Sabbath!"

The Pharisees had taken God's

beautiful commandment to keep the Sabbath holy, and had made it into their own commandment. God wanted Sabbath to be a special day for people to enjoy as they learned about His love. But because of the Pharisees' rules, many people did not enjoy Sabbath.

Jesus loved the Pharisees and wanted them to know the joy of Sabbath too. Jesus asked them some questions to make them think. *[Jesus turns to the Pharisees and mimes speaking.]* He said, "Do you remember David? One time he and his men were very hungry and ate the special temple bread that was just for the priests. If that was OK, then eating grain on Sabbath is OK too. You are mixed up about Sabbath. People should not suffer on Sabbath. The Sabbath is for people. I know, for I am Lord of the Sabbath."

On another Sabbath while Jesus was at church, He saw a man whose hand was crippled. *[Man with "crippled" hand walks near Jesus and His disciples.]* Jesus asked the people, "What do you think?" *[Jesus turns to the rest of the class and mimes speaking.]* Is it right to do good on the Sabbath?"

Some of the people there did not care about other people. They didn't think the man should be made well, because it was Sabbath! Jesus asked them another question to make them think. "If you had a sheep fall into a hole, wouldn't you pull it out? A person is so much more valuable than an animal! Therefore it is right to do good on the Sabbath." Then Jesus said to the crippled man, *[Jesus turns to crippled man.]* "Stretch out your hand." *[The man stretches out his hand and jumps for joy.]* The man's hand was completely healed!

Jesus wants us to know that Sabbath is a day for joy and healing. On Sabbath we have more time to do special things that teach us about God's love.

Debriefing

Allow response time as you ask:

Where were Jesus and His disciples on the Sabbath in our story? (walking through a field of grain) **Why were the Pharisees angry?** (Because the disciples picked grain on the Sabbath.) **What would the Pharisees do on Sabbath if an animal fell into a hole?** (They would pull it out.)

What did Jesus tell the crippled man to do? (Stretch out his hand.) **What happened?** (The hand was healed.)

What was it like to spend a Sabbath with Jesus? (interesting; joyful; loving; helping others, etc.)

How can we learn about God's love on Sabbath? (through nature, music, going to Sabbath School and church, reading the Bible, spending time with our family, helping others, etc.)

How do you like the Sabbath? (love it, don't like it) **Why?** (Wait for responses.) **Enjoy the Sabbath today and remember:**



THE SABBATH IS A DAY TO LEARN MORE ABOUT GOD'S LOVE.

Say that with me.

Memory Verse

Give each child a copy of "To the Grainfield" (see page 146). Read the memory verse together in unison. " **'For the Son of Man is Lord of the Sabbath'** " (Matthew 12:8, NIV).

Then have the children write the words of the memory verse, letter by letter, on their "To the Grainfield" sheets, starting at the place of worship and going through the field. Leave a space between

You Need:

- memory verse written for all to see
- copy of "To the Grainfield" for each child (see p. 146)

the words. Then have everyone read the memory verse together again. Have the children repeat the verse several times, then ask for volunteers to say the verse.

Bible Study

Divide the class so that Matthew 12:1-13 can be read in order by children grouped in the following manner: Two or more children as narrators, one child as Jesus, two or more as the Pharisees.

Narrators: verses 1, 2, first part

Pharisees: verse 2, second part

Jesus: verses 3-8

Narrators: verses 9, 10, first part

Pharisees: verse 10, second part

Jesus: verses 11-13, first part

Narrators: verse 13, second part

Debriefing

Say: **Matthew 12:1-13 tells about two places Jesus went on Sabbath. What are these places?** (in nature and at church)

How do you like going out in nature? Going to church? (Wait for responses.) **What can you learn about God's love from nature and from going to church?** (Nature shows me that God makes beautiful things for me to enjoy. Church gives me stories, songs, and scriptures about God's love.)

In today's story, how did Jesus teach about God's love in the way He kept Sabbath? (He showed that a loving God wants people to have their needs taken care of on Sabbath; He showed that Sabbath is a day for healing.)

Remember our message:



THE SABBATH IS A DAY TO LEARN MORE ABOUT GOD'S LOVE.

Say that with me.

You Need:

- Bibles
- "Jesus," "Pharisees," and narrators

3

Applying the Lesson

You Need:

- planning sheet for each child (see p. 147)
- white board or chalkboard
- dry erase marker or chalk

Special Plans

Say: **God gave us the Sabbath so we can spend time with Him and learn about His love. How can you plan during the coming week for a special time with Him next Sabbath? This planning sheet will help you answer that.** Give a “My Happy Sabbath Plan” planning sheet to each child (see page 147).

Debriefing

Say: **What about Sabbath makes you smile? Write your answer in the blanks under question one. During this coming week complete this sheet with**

your parents as part of family worship.

Be sure your Sabbath plans include ways to help you learn about God’s love. Can you already think of some ideas for enjoying next Sabbath? (Allow the children to share ideas. Write them on the board.)

Do these ideas help you to learn about God’s love? Maybe you can use some of these ideas in your own family next Sabbath. If you want to remember any of them, write them on the back of your paper. Now let’s say our message again:



THE SABBATH IS A DAY TO LEARN MORE ABOUT GOD’S LOVE.

Sharing the Lesson

Favorite Sabbath Activities

In advance, tell your pastor that the primary class is making a booklet that will be useful for the families of the church—titled “Our Favorite Sabbath Activities.” Ask the pastor if you can put an insert in the church bulletin for the Sabbath you teach this lesson (see page 148) with the following words:

Dear Church Family:

The primary Sabbath School class recently studied a lesson about the Sabbath: a day to learn about God’s love. The class would like to make a useful booklet for you, but we need your help.

The title of our booklet will be “Our Favorite Sabbath Activities.” Please write below one activity that your family especially enjoys on Sabbath, one that helps you learn about God’s love. Then return this paper to someone in the primary department next Sabbath or before. We will put all your ideas together into a book and distribute them soon in church.

Thank you!

Today, have the children help design a cover for this book. Have them make small line drawings of at least one of their favorite Sabbath activities—activities that help them learn about God’s love. They don’t need to color their drawings, since you will be photocopying them. Collect the drawings, cut them out, and glue them on the cover for the book your

class will make. Have a person with good penmanship write “Our Favorite Sabbath Activities” on the cover. Save the cover for next Sabbath.

Invite the children to take one of the bulletin inserts home and remind their family to fill it out and send it back next Sabbath.

Be sure to follow through with this project next week.

Debriefing

Allow response time as you ask:

What is your favorite Sabbath activity?

What changes would you like to make in the way you keep Sabbath?
What activities do you want to keep doing?

What do you plan to do this Sabbath afternoon to learn more about God’s love?

Let’s say our message one more time:



**THE SABBATH IS A DAY TO
LEARN MORE ABOUT GOD’S
LOVE.**

Closing

Pray that on this Sabbath each child will learn more about God’s love, and that they will focus on Jesus during this day. Sing together “Turn Your Eyes Upon Jesus” (*Sing for Joy*, No. 90).

Remind the children to use their Bible Study Guides every day and to do the daily activities.

You Need:

- bulletin inserts (see p. 148)
- pencils
- paper
- glue
- scissors

Appointment With God

References

Matthew 12:1–13;
Mark 2:23–3:5;
Luke 6:1–10;
The Desire of Ages,
pp. 281–289

Memory Verse

“ ‘For the Son of
Man is Lord
of the Sabbath’ ”
(Matthew 12:8,
NIV).

The Message

The Sabbath is a
day to learn more
about God’s love.

Lisa came home from school on Friday. There was that wonderful smell again! Mom was baking bread for Sabbath. Lisa washed her hands and helped her mother finish the Sabbath dinner. Lisa loved Sabbath. This week after church they were going to have lunch near a duck pond and then take a walk in the woods. Lisa couldn’t wait!

In today’s story, Jesus and His disciples were taking a Sabbath walk too. Let’s join them.

Jesus loved the Sabbath! He loved to spend time with His friends and talk with them about the love of His Father, God in heaven. He loved to help people who were sick or sad feel better.

One Sabbath Jesus and His disciples passed through a field of grain waving back and forth in the warm breeze. Its smell made them think of bread. Jesus and the disciples were hungry!

In those days people had permission to eat food from another person’s farm. If people were hungry and had no food with them, they could eat a few grapes in a vineyard. Or they could pick some wheat stalks and eat the little kernels of grain.

So as Jesus’ disciples walked through the field, they picked some stalks. They rubbed the heads of grain back and

forth, back and forth, in their hands. When just the little kernels were left, they tossed the kernels into their mouths.



The crunchy grain tasted good!

But not everyone was happy. Pharisees nearby decided that the disciples were doing something wrong. They said to Jesus, “When Your disciples picked the wheat and rubbed it in their hands to get the kernels out, that was like a farmer working. So they are breaking the Sabbath!”

The Pharisees had taken God’s beautiful Sabbath commandment, and had made it into their own rule. They made up lots of extra rules that made Sabbath a heavy burden. God wanted Sabbath to be a special day for people to enjoy. He wanted them to learn about His love. But because of these extra rules, many people did not enjoy Sabbath.

Jesus loved these Pharisees. He wanted them to know the joy of Sabbath too. Jesus asked them some questions to make them think. “Do you remember David?” He asked. “One time he and his men were very hungry. So they ate the special temple bread that was really just for the priests.”

The Pharisees knew about that. “If that was OK, then eating grain on Sabbath is OK too,” Jesus continued. “People should not suffer on Sabbath. The Sabbath is for people. I know, for I am Lord of the Sabbath.”

On another Sabbath while Jesus was in the synagogue, He saw a man whose hand was crippled. Jesus asked the people, “What do you think? Is it right to do good on the Sabbath?” Some of the people didn’t think the man should be made well, because it was Sabbath!

Jesus asked them another question to make them think. “If one of your sheep fell into a hole, wouldn’t you pull it out? A person is so much more valuable than an animal! Therefore, it is right to do good on the Sabbath.”

Then Jesus said to the crippled man, “Stretch out your hand.” The man’s hand was completely healed!

Jesus wants us to know that Sabbath is a day for joy and for healing.

Sometimes children think that Sabbath is a “do not” day. (“Do not do this, do not do that.”) Actually, Sabbath is a *do* day. On Sabbath we have more time to do something special, to do fun things that teach us about God’s love. God created the Sabbath so we can spend time with Him and learn more and more about His wonderful love.

Daily Activities

Sabbath

- If possible, take a Sabbath walk with your family. Use a magnifying glass to look at nature objects (shells, insects, tree bark, rocks, pine cones, leaves, grain, etc.). What did you learn about God’s love? Finish the sentence. God gave us the Sabbath so we can learn more of His love through _____.
- Rest and read your lesson story together.
- Read and discuss Matthew 12:8 before prayer.

Sunday

- With your family, read about Jesus’ Sabbath walk in Luke 6:1–5. With markers or crayons make a poster about Sabbath activities that your family enjoys together. Hang it in your home. Finish the sentence: God gave us the Sabbath so we can learn more of His love through _____.
- Teach your memory verse to your family. Then thank God for happy times.

Monday

- During worship, read and discuss Luke 6:6-10. Where did Jesus go on Sabbath? Where do you go on Sabbath? Tell what you like about your church family. God gave us Sabbath so we can learn more of His love through _____.
- Write each word of the memory verse on a separate paper. Spread them on the floor a short distance apart. Repeat each word as you jump from one word to the next.
- Thank God for your church family.

Tuesday

- With your family, read about the first Sabbath. Look in Genesis 2:2, 3.
- Then begin to make your Happy Sabbath plan. If you did not get this sheet in Sabbath School, make a list of things you will do together next Sabbath.

- Hop through your memory verse papers again.
- Sing “Can You Imagine?” (*Sing for Joy*, No. 29) before prayer. Thank God for your family.

Wednesday

- Ask your family to list four Bible texts about God’s love. Share them for family worship. Finish the sentence: God gave us the Sabbath so we can learn more of His love through _____.
- Continue working together on your Happy Sabbath plan.
- Say your memory verse together, then thank God for the Sabbath.

Thursday

- With your family, finish your Happy Sabbath plan.
- When does Sabbath begin and end? Read Genesis 1:5; Leviticus 23:32, KJV. Then ask Jesus to help you keep the Sabbath holy.
- Sing a song about God’s love. When that song is finished, start another one. Keep singing about God’s love until you run out of ideas.
- Finish the sentence: God gave us Sabbath so we can learn more of His love through _____.

Friday

- With your family, look at your Happy Sabbath plan. Do the part you can do today. Do the rest tomorrow.
- Tell your lesson story to your family. If possible, record yourself with a tape recorder. Have fun talking about the Sabbath!
- This week we discovered several ways to learn more of God’s love on Sabbath. (through nature, our family, our church family, God’s Word, music) Think of other ways and share them.
- Say your memory verse, then sing “Psalm 118:24” (*Sing for Joy*, No. 94) before prayer.